

Helping Girls and Young Women Stay Healthy ... BY AVOIDING ALCOHOL



In 2020, girls and young women ages 12-20 years old were more likely than boys and young men to say they used alcohol.

GIRLS AND YOUNG WOMEN REPORTED:

HAVING USED ALCOHOL AT LEAST
ONCE IN THEIR LIVES



VS. 32.7% OF BOYS AND YOUNG MEN

HAVING USED ALCOHOL
IN THE PAST YEAR



VS. 27.9% OF BOYS AND YOUNG MEN



HOW CAN PARENTS, CAREGIVERS, AND COMMUNITIES RESPOND?

1

Be aware of the reasons that youth use alcohol, including stress over fitting in or a traumatic experience, a relationship break-up, or peer pressure.

2

Make it clear to the girls and underage young women in your life that you disapprove of underage drinking and other drug misuse. Share the reasons why.

3

Talk with your daughters, granddaughters, students, and other girls you care about on how to avoid alcohol and other drug misuse.

4

Share positive solutions to problems they may be facing.

Learn more about underage drinking—
and what you can do to prevent it—at
[StopAlcoholAbuse.gov/CommunitiesTalk](https://stopalcoholabuse.gov/communities-talk).

